Nutritional status of patients at geriatric unit
- Their attitude and plate waste -

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Background and aims

• Undernutrition is a known problem among hospitalized elderly patients
• Many patients do not meet their nutritional requirements because of high plate waste
• Specific aims
  1) To assess the risk of undernutrition among patients within the Department of Geriatrics at LSH
  2) To assess the plate waste of the hospital food
  3) To assess the energy intake of patients within the Department of Geriatrics at LSH
  4) To assess patient's perspective on hospital food
Methods

- Patients within the Department of Geriatrics at Landakot – LSH (N=181)
- Screening for malnutrition using the simple screening tool for malnutrition (N=178)
- Plate waste visually estimated using the plate diagram sheet (N=74)
- Two day full food record (N=17)
- Patients perspective on hospital food assessed with a 12-question questionnaire (N=17)

Results

1) Nutritional status of geriatric patients
   - 117 patients (66%) have medium or high probability of malnutrition

2) Plate waste

![Figure 1. Plate waste. Data are expressed as percentage.](image-url)
### Results

3) Energy intake
   - Averge energy intake: 1300 kcal/day (17.7 kcal/kg)
   - Average protein intake: 0.8 g/kg/day

4) Patients perspective on hospital food
   - 13 (76%) said the hospital food was either very good or quite good
   - More than half said the food wasn’t warm enough
   - No one was offered to choose between different menus
   - 15 (88%) ate most of their meals in the dining room

### Conclusion

- Nutritional status of geriatric patients at LSH is likely insufficient
- Patients who have high probability of malnutrition should be further observed
- High plate waste
  - Should dinner be the biggest meal of the day?
- Should energy- and protein enriched menu be a default menu for geriatric wards?
- The possibility of a smaller menu should be used more often for elderly women